

Runnymede

Family (entre

NEWSLETTER – NOVEMBER 2023

email us: info@runnymede-familycentre.org

visit us: www.runnymede-familycentre.org

call us: 01784 464395

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The following information is for parents, carers and RFC partner agencies, we hope you find it useful.

Please find us, like us and follow us on our facebook page!

We will update the page with the latest information and signposting.







We have a paediatric first aid class for parents/carers at our Addlestone site on Tuesday 21st November, 7-9pm. If you would like to attend please contact Runnymede Family Centre. The cost of the class is £10, non refundable







We have another Action for Carers Information and advice session on Tuesday 16th January at 10am



Barbara will be at our Addlestone site, Church road,
Addlestone KT15 1SH. Parents can drop in to see what support
is available to them.



Children and Has your child missed their FLU vaccination at school?
Family Health
Surrey

If unsure, please call 01483 794887

We are offering a drop-in clinic for the seasonal FLU vaccine for children who may have missed this vital vaccination at school Nurses will be available to discuss any queries you have regarding vaccinations WHERE: The Runnymede Family Centre,
Hythe Primary School, Thorpe Road,
Staines-upon-Thames, Surrey TW18 3HD
WHEN: Thursday 2nd November
between 3pm & 4.30pm
No appointment required, just turn up

Please use the entrance from the main road, and not through the school car park.



We are often asked about what groups are running in the Runnymede area.

The Family Information Directory is a fantastic place to find local baby and toddler groups.

Search the directory here: https://orlo.uk/irJa3
and type in "stay and play", "baby group" or "toddler group" as key words and add your location to have a look at what's close to you!





Beacon Life REVIVE

Little Lights Baby & Toddler Group

Mondays (Term time only) 9.30am-10.45am (newborn-4 years) 1.00am-12.10pm (newb Online booking required - £2 per family Contact Lizzie at: little.lights@beaconchurch.net Tel: 01932 569405 | www.little-lights.net

Playball Multi-sport Classes (Term time)

Tuesdays 11.00am Contact Mike at: ar@playballkids.com Tel: 07488 581123 www.playballkids.com Thursdays and 3.45pm-4.45pm



Runnymede Foodbank

Wednesdays 10.00am-12.00pm Contact Jenny or Sarah: foodbank

Email: info@runnymede.foodbank.org.uk Tel: 01932 943056 www.runnymede.foodbank.org.uk

Salsa Classes with Rubies Dance Centre Wednesdays 7.00

Contact Emily at: rubies@me.com

Jam Fam Fit **Buggy Fitness Classes**

Fridays 10.00am—11.00am Contact Hannah at:



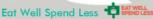
Chertsey Maths Club

Mondays 4.00pm-6.00pm Tuesdays 4.00pm-6.00pm Contact Natalia at: chertseymaths@outlook.com www.chertseymaths.org



Alcoholics Anonymous Men's Feelings Group

(focussing on the feelings and emotions that can lead to an addiction to drink) Thursdays 7.30



A 6-week course learning to cook healthily and on a budget—for free. For upcoming course dates please contact

eatwellspendless@runnymede.foodbank.org.uk or call Runnymede Foodbank on 01932 943056

Infant Feeding Support Group

Mondays in Revive

10.30am-12.30pm (for babies under 28 days) 12.30pm-1.30pm (for babies over 28 days)

Ukrainian Drop In Session

For Ukrainian families and hosts Tuesdays in Revive

Contact Oksana at Tel: 01932 571122

oksana@voluntarysupport.org.uk

Chertsey Woolcraft Guild 1st Saturday 10.30am-12.30p 3rd Sat & 4th Tue 1.00pm-

Contact Marion at: marionborthwick2506@amail.co

Glo Youth Group (Term time only)

Fridays 7.30pm-9.30 For school years 7—13 Contact Dave at Tel: 01932 569405



Family lives offer support and advice, call their helpline on 0808 800 2222, email them at askus@familylives.org.uk or you can chat online via their Live Chat service.

You can also visit the online forum community to share dilemmas, experiences and issues with others who understand the ups and downs of family life



Activities Include:

Half Term Craft activities Rhymetime & Storytime Knit and Natter Groups Reading Groups for all ages Walk in Health Clinic (Chertsey) **Digital Buddy Service Meet the Beat Coffee and Cake mornings** Code Club for children aged 9-15 years

To find out more information visit: https://www.surreycc.gov.uk/libraries/newsand-events/regular-events-reading-groups





EXPERT PARENT PROGRAMME

Challengers

ey resident parent carers are invited to join us on this peer vorkshop helping you get the best from the NHS health and care system. Equipping you with knowledge and tools to increase your skills and confidence in accessing services to ensure the best outcomes for your disabled children and young people.

Book your free space online



Workshop topics

- · Person centred approaches to care
- Making the most of appointments
- · Using language effectively
- · Moving towards outcomes
- · Needs, Rights, Levers and Laws
- · Local and National health system
- · Looking after yourself as a carer

In-Person Workshop Dates and Times:

- Mon 9th Oct 9.45am to 2.15pm General Session
 Wed 8th Nov 9.45am to 2.15pm Transition to Adulthood (age 14+)
- Tues 23rd Jan 9.45am to 2.15pm Complex Health Needs Transition to Adulthood (age 14+)
 Tues 19th Mar 9.45am to 2.15pm - Early Years (0 to 5 years)

- Online Workshop over two evenings, 7pm to 9pm:

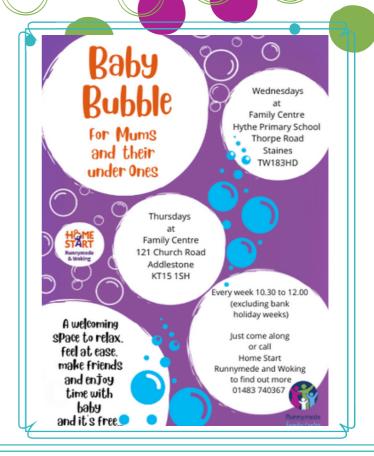
 Wed 22nd Nov & Wed 29th Nov General Session

 Thur 22nd Feb & Thur 29th Feby Transition to Adulthood (age 14+)



CHILDREN Contact us for more information thehub@disability-challengers.org 01483 961962









Learn how to cook and eat healthily on a budget Join us on Tuesdays from 23rd January 2024 for 6 weeks (break 13th February) 10am-12.30pm at:

Addlestone Young People & Family Centre, Church road. Addlestone KT15 1SH **Contact: Helen Bunclark** Eastwellspendless@runnymede-foodbank.org.uk or Runnymede Foodbank 01932 943056



If your child was born between 1st September 2019-31st August 2020 you can apply for a primary or infant school place from 30th October 2023 until 15 January 2024. https://www.surreycc.gov.uk/schools-and-

learning/schools/admissions/primary-junior-andinfant/apply